



Saratoga County Public Health

The Public Health Connection Winter 2016

A Community Newsletter for Better Health & Wellness

Focus of the Season: Mental Wellness

The holidays offer plenty of opportunities for stress and anxiety. Purchasing presents, remembering to make cookies for office parties, and spending time with family members can contribute to holiday stress.

Additionally, the winter months can initiate a seasonal depression that includes fatigue, overeating, isolation, and oversleeping. Serotonin, the neurotransmitter that affects mood, can be affected by reduced levels of sunlight. Melatonin, a sleep-related hormone, is produced at increased levels in the dark.

With all of this going on, how do we stay happy and healthy during the winter months?

SMILE

EXERCISE

DEEP BREATHING

BE SOCIAL

MEDITATION

GET OUTSIDE

TRY SOMETHING NEW

BE PRODUCTIVE

EAT HEALTHY

CHALLENGE NEGATIVE THOUGHTS



There are various ways to independently work toward mental wellness during the winter months. If symptoms become severe or disruptive to your daily life, your physician should be made aware. Otherwise, the suggestions above are some helpful steps that can be taken to live positively.

Survival Tips for Managing Stress at Family Gatherings

LET GO! Don't turn the holidays into a time to air grievances about forgotten birthdays, unpaid debts, ongoing feuds, or lifestyle disapproval. Instead try thinking positive thoughts and focusing on the ability to be present with those around you.

BE TRUE TO YOURSELF! Avoid reverting to your childhood roles such as fighting over the remote or tattling to mom. Also, if a nosy relative is asking questions that make you uncomfortable or upset, politely set boundaries or jokingly add "none of your beeswax". Be proud of who you are now and conduct yourself in a way that demonstrates positive growth and personal security.



RELAX AND BREATHE! It is guaranteed that everything will not go according to plan. Maybe the dogs will steal that drumstick off your plate or your new cousin will throw a tantrum during present opening... either way, it's not the end of the world. Remember that you can't control everything. Breathe, laugh, and get back to enjoying yourself.

ACCEPT YOUR FAMILY FOR WHO THEY ARE! Christmas dinner may not be the perfect time to convince your dad to go vegan or to have a serious talk with your aunt about some of her life choices. Trying to instruct your family on the changes they should make will only create an environment of frustration. Enjoy everyone's presence, flawed or not, and remember that a person can only control her or her own behavior.

MOVE ON! When you find yourself reaching a vulnerable point, excuse yourself to take a walk or to catch up with another family member. Getting your blood flowing through movement can reduce stress hormones as well as remove you from situations that may negatively impact others. Furthermore, you can use dishwashing, sweeping, or shoveling as an 'excuse' to both move on and help out.

LOVE, LOVE, LOVE! Holidays are about togetherness, even if that means 'traditions' of cheek-pinching and fruitcake eating. Be thankful for those around you and try not to take your family for granted. Instead of focusing on all your sister's annoying nuances or your nephew's nose-picking, think about everything that has gone right and be grateful.



Spotlight on... HANDWASHING

Hand hygiene can help us avoid getting sick or spreading germs to others. Soap and water is the best method to thoroughly clean your hands. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Handwashing Step-by-Step:

1. Wet your hands with clean, running water, turn off the tap, and apply soap.
2. Lather your hands, making sure to include the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds- hum “Happy Birthday” from beginning to end twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel, hand dryer, or air dry them.



Spreading germs is OUT. Handwashing is IN!



Handwashing is one of the most important things we can do to avoid getting sick and spreading germs to others.



Centers for Disease
Control and Prevention
National Center for Emerging
and Zoonotic Infectious Diseases

www.cdc.gov/handwashing

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STAY WARM AND SAFE

HOME CHECKLIST

- ✓ Install insulation and storm windows where necessary.
- ✓ Clean out gutters and repair roof leaks.
- ✓ Check your heating systems to ensure it is clean, working properly, and ventilated to the outside.
- ✓ Prepare alternative heating sources.
- ✓ Inspect and clean fireplaces and chimneys.
- ✓ Install smoke detectors and carbon monoxide detectors.



CAR CHECKLIST

- ✓ Service the radiator and maintain antifreeze levels.
- ✓ Check tire tread or replace tires with snow tires.
- ✓ Prepare winter emergency kit to keep in your car in case you get stranded. Include the following items: first aid kit, blankets, portable cell phone charger, batteries, booster cables, flares, and a flashlight.
- ✓ Keep the gas tank full to avoid ice in the tank and fuel lines.

OUTDOOR PRECAUTIONS

- ✓ Bring pets inside and ensure a warm shelter with unfrozen water to drink.
- ✓ Wear appropriate clothing for the weather (hats, scarves, boots, and layers of clothing).
- ✓ Sprinkle cat litter or sand on icy patches.
- ✓ Work slowly when shoveling snow or completing outdoor chores.
- ✓ Bring a friend along when participating in outdoor activities.
- ✓ Carry a cell phone.



TRAVEL PRECAUTIONS

- ✓ Avoid traveling when the weather service issues advisories.
- ✓ Inform a friend or relative of your route and expected arrival time when traveling.

Check on friends, family, and neighbors at risk from cold weather hazards.

Children, older adults, and the chronically ill are especially vulnerable at this time.

CDC'S HEALTHY EATING TIPS FOR THE HOLIDAYS

Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're bound to see other people eating a lot of tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to keep your blood sugar in control, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.
- Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.



Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.



Get Your Zzzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to control your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

QUICK THOUGHTS ON... ALCOHOL USE DURING THE HOLIDAYS

- Try nonalcoholic alternatives such as sparkling cider, hot chocolate, and eggnog. There are many nonalcoholic drinks and virgin cocktails that taste great.
- For women trying to conceive a child, are pregnant, or may be pregnant, it is recommended that you avoid any alcohol use.
- If you do decide to have a drink, limit consumption.
- Always designate a non-drinking driver before attending any holiday parties.
- If you cannot find someone who will commit to being the designated driver, put the phone number to the taxi company that you will use for a ride home into your phone for easy access.
- Take the keys from friends that you suspect may be impaired. If you wouldn't want them driving on the same road as your loved ones, speak up and offer an alternative.
- When hosting a party, offer nonalcoholic options and remind guests to plan ahead to find safe way home. At the end of the night when guest are leaving, make sure that departure plans are safe.





Q&A WITH A PUBLIC HEALTH NURSE!



RENEE JANACK, RN LEAD POISONING PREVENTION PROGRAM



How long has Renee been a nurse?

Renee has been a nurse for 16 years and has worked at Public Health for the last 5 years.

Where would Renee live if anywhere in the world?

In Maine on the coast in a lighthouse

What made Renee take interest in nursing?

Renee wanted a rewarding career and to help people in need.

What has Renee learned being a nurse?

Being a nurse has taught Renee how to empathetically care for people in a nonjudgemental way.

What's Renee's favorite food?

"I do like a good chicken parmesan."

What are Renee's responsibilities at Saratoga County Public Health?

Renee is the Lead Poisoning Prevention Coordinator for Saratoga County. Renee is responsible for monitoring elevated lead levels in children and pregnant women as well as provide outreach opportunities for education to all Saratoga County residents.

Does Renee have any pets?

2 turtles, 2 dogs,
1 cat and a husband

What is a quote, saying, or perspective on life that Renee lives by?

Have courage and be kind.

What would Renee change about the healthcare system if possible?

There should be a masterful overhaul of how healthcare is delivered to those less fortunate.

Renee would like to encourage everyone to have their children tested for lead at ages 1 and 2! 😊

Find more information about the Lead Poisoning Prevention Program here:
<http://www.saratogacountyny.gov/publichealth/lead-poisoning-prevention-program/>

**Saratoga County Public Health Services
Lead Poisoning Prevention Program
31 Woodlawn Avenue Suite 1
Saratoga Springs, NY 12866
Phone (518) 584-7460
Fax (518) 693-7389**

www.saratogacountyny.gov/publichealth

TIPS AND RESOURCES

STICKING WITH YOUR HOLIDAY WORKOUTS

Plan Ahead
Rise Early
Short & Sweet
Less Is More
Have Back-Ups
Amp It Up
And Calm It Down
Check It Off
Accountability
Fuel Well
Don't Fret



HOW TO EAT HEALTHY DURING CHRISTMAS

1. Skip the liquid calories, just water and tea
2. Load your plate with healthy options first
3. Wait 15 minutes before going for seconds
4. One sip of water between each bite
5. Eat sloooooowly!
6. Leave the table as soon as everyone is finished eating
7. Don't forget to exercise!
8. Portion control - Have one bite, use a smaller plate, save food for leftovers
9. Limit extras like butter, mayonnaise, stuffing, and gravy
10. DO NOT starve yourself before - the hungrier you are, the less self control you will have



Finally, don't stress if you indulge a little! One day of overeating will NOT ruin months of progress.
**MERRY CHRISTMAS, HAPPY HOLIDAYS
AND GOOD LUCK!**

100povnds100days.tumblr.com

IS YOUR VEHICLE WINTER READY?



FLU PREVENTION TIPS

GET VACCINATED Influenza is the only respiratory virus preventable by vaccination.

WASH YOUR HANDS Wash them often with soap and water.

STAY HOME Stay home for a full 24 hours after your fever goes away.

KEEP SANITIZER CLOSE Use it often and tell children and those around you to do the same.

EXERCISE It boosts your immune system and speeds recovery from illness.

DON'T TOUCH YOUR FACE This is the easiest way for germs to get into your body.

EAT RIGHT Eating healthy, balanced meals can strengthen your immune system.

SMILE Studies show that smiling can help boost your immune system.

Up to
20%
of the U.S.
will get the flu.

PUBLIC HEALTH CLINIC SCHEDULE

Free vaccines and sliding fees are available to qualifying families. PPDs must read within 72 hours and therefore may not be placed before holidays. All clinics are closed on holidays.

For immunization clinic information, please call (518) 584-7460 ext. 8599.

For STD clinic information, please call (518) 584-7460 ext. 8597.

If you are unsure of which extension to use or have questions about other services,
please call our main line at (518) 584-7460.

**Saratoga County Public Health Services is located at
31 Woodlawn Ave Saratoga Springs NY 12866**

Looking for Training Opportunities for You or Your Staff?

Contact Amanda at 518-584-7460 ext. 8303 to discuss what types of FREE training exists.

Many are being offered by various community partners already... don't miss out! ☺

Training opportunities include:

- Narcan Training
- Mental Health First Aid (*Youth and Adult*)
- Human Trafficking Training
- ASIST (*Suicide Prevention*)
- And many more...

SARATOGA MOVES

Join us for **Saratoga Moves**! Each month, a Saratoga Hospital Care Provider will join us for a group activity. We may walk, hike, jog, or bike as a group- no experience needed!*

Saratoga Hospital would like to thank the Saratoga Springs Lion's Club for sponsoring the Saratoga Moves program and encouraging healthy lifestyles.

UPCOMING EVENTS:

Saturday, October 22nd, 8:30am at Spa State Park Warming Hut

Saturday, November 19th, 8:30am at Spa State Park Warming Hut

Saturday, December 17th, 8:30am at Wilton Mall, meet in the foyer of entrance near Planet Fitness

**Anyone can join! Please register at (518) 580-2450
or online at www.saratogahospital.org/classes**



**Saratoga Springs
Lions Club**



SARATOGA HOSPITAL
people you trust. care you deserve.

*By joining, you understand that participation is voluntary and accept responsibility for your health and any resultant injury. All participants will be required to sign a liability release before exercising.

Join us to participate in
Saratoga County's
PREDIABETES
COALITION



12/27

**59D Myrtle St
2nd Floor Classroom 2A
Saratoga Springs**

12:00pm-1:00pm

**Tuesday
December 27, 2016**

This meeting is open to all interested agencies and community members.

Contact Amanda at 584-7460 ext 8303 or aduff@saratogacountyny.gov
with any questions. We look forward to seeing you there!

SARATOGA COUNTY PUBLIC HEALTH
PRESENTS:



SCHOOL NURSES' CONFERENCE

OFFERED FOR ALL SCHOOLS OF THE
SARATOGA COUNTY DISTRICTS

*Spring Session '17 offers youth-focused
presentations highlighting:*

- * Mental Health
- * Immunizations
- * Other Preventative Topics



MARCH 9TH

4PM-6PM

CONTACT INFO: 584-8303

Refreshments Provided

RSVPs Requested



LOCATION:

WILTON FIRE DEPARTMENT

270 BALLARD ROAD 12831



Please contact us if:

- You have any events that you would like us to share in our upcoming newsletter
- You aren't currently signed up to receive our quarterly newsletter
- You have any questions regarding our services
- You have suggestions on upcoming topics
- You would like to collaborate with us in any way to promote optimal public health!

You can reach Amanda Duff, Public Health Educator at 518-584-7460 ext. 8303 or aduff@saratogacountyny.gov.